



Coronavirus Disease 2019 (COVID-19)

ASL Self-Testing Video Script: How to Interpret Negative Self-Test Results

There are many different types of COVID-19 self-tests. Please refer to your specific test instructions for details on how to read your test results.

A negative test result means that the virus was not detected. If you took the test while you had symptoms and followed all instructions carefully, a negative result usually means you do not have COVID-19. Some tests may recommend you test again within 2 or 3 days. Follow the instructions that come with the test for taking more than one test.

If you test negative and have symptoms you should contact your healthcare provider or local health department to determine if additional testing is needed. You should also wear a mask that fits snugly and covers your nose and mouth and stay away from others until you feel better.

If you were exposed to someone with COVID-19, but tested negative, and don't have symptoms, follow CDC's [quarantine](#) guidance.

On rare occasions, you can have a negative result that is wrong. Discuss your symptoms and test results with a healthcare provider or local health department to determine if you need additional testing.

Although rare, sometimes self-tests are unable to determine positive or negative results. If the display on the test shows an invalid result or a test error, the test did not work properly. If this happens, follow the instructions in your test kit to test again or call the number provided with the kit.

Thanks for doing your part to prevent the spread of COVID-19 in your community.

For more information, visit [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus).